

NAVAL HOSPITAL CAMP LEJEUNE

"We Build Strength Through Caring"

SCUTTLEBUTT

Volume 2 Issue 2

FEBRUARY 2012

UNDER CONSTRUCTION

Preparing for Major Lobby Renovations

What Will They **Look Like?**

When Will They be **Complete?**

How They Will **Impact YOU!**

Page 4

On Feb. 6, Naval Hospital Camp Lejeune patrons and staff will see the preparations begin for major lobby renovations, including the closure of the main entrance, shown here, and inner lane of the traffic circle closest to the entrance area.

U.S. Navy photo by Hospitalman Matthew Heefner

DASH Diet

Number One Diet of 2012

Page 3

Pardon Our Dust



Capt. Daniel J. Zinder
Commander
Naval Hospital Camp Lejeune

Detour signs, construction workers, and dust barriers are not what usually comes to mind when someone says, "Hospital." But if you walk toward our Quarterdeck, that is exactly what you find. Until now, we have been able to look out the window and admire the new construction. Now the internal phases have begun and they will impact our day to day life. Closing the Quarterdeck for six months will be disruptive, but we will be OK!

As staff members, it is up to us to get to know the new ways around the hospital, what to do and where to go in an emergency, and how to help our patients navigate our building as we continue to provide care during the construction. The one thing that can never falter is the quality of care we provide, and the safety of our staff, our patients, and the construction crews improving our facility.

Quality and safety are paramount and must remain the guiding light for health care for every one of our staff members. Keep focusing on the fundamentals. All the things we put in place, assured, and reassured before our inspections last summer are exactly the things we need to continue, with or without construction. And we want to keep looking for ways to improve the margin of safety every day. As long as we keep doing all of that, the renovation work will be nothing more than some new sights and sounds, and a few new paths around the hospital.

NHCL Welcomes First Baby of 2012



The Oakleaf Club presented a basket of baby items and a gift card worth a combined total of \$400.00 to the family who had the first baby of the year born at Naval Hospital Camp Lejeune, Jan. 1. Pictured left to right: Joan Drill, Oakleaf President; Paula Blivin, NHCL Advisor; Casey Coleman; baby Charlie; Sgt. Cody Coleman Jr. and son; Susanne Volinski; Sunshine Chairperson; and, Capt. Anne Swap, executive officer, NHCL.



Join us on Facebook!

**NHCL's Fan Page
is open to everyone!**

www.facebook.com/nhclejeune

scut-tle-butt

n.

1. Slang for spoken communication; through the grapevine

2. Nautical

a. A drinking fountain on a ship; gathering place

b. A forum for NHCL staff to get 'insider info'

SCUTTLEBUTT



Commanding Officer, NHCL

Capt. Daniel J. Zinder

Editor-In-Chief

Raymond Applewhite

Managing & Layout Editor

Anna Hancock

Graphic Designer

Kelly Pursel

Contributing Writer

Lt. Cmdr. Timothy Drill

Scuttlebutt is an authorized publication for Marines, Sailors, retirees and family members. Its contents do not necessarily reflect the official views of the U.S. government, the DoD, or the Naval Hospital Camp Lejeune Public Affairs Office. *Scuttlebutt* follows the Associated Press Stylebook and CHINFO guidelines for Navy news writing. The editorial content of this publication is the responsibility of the Public Affairs Office, Naval Hospital Camp Lejeune, N.C., 28547-2538. Questions or comments can be directed to the Editor-In-Chief, phone 450-4463, or the Managing Editor, phone 450-3501. Content may be submitted via email to nhclpao@med.navy.mil. All story contributions must be in a Word document format and photo contributions no less than 300dpi.

Healthy Heart Course Teaches DASH Diet

DASH Number One Diet in the Nation

By **Jim Askins and Glenda Aultowski**
Health Promotion Department

The Dietary Approaches to Stop Hypertension diet, or DASH, took the number one spot in January as the 2012 best overall diet for in the United States. It was selected number one by a panel of physicians and other doctoral-level health professionals because it has consistently demonstrated healthy benefits related to reduced blood pressure, reduced cholesterol, weight loss, and decreased risks of stroke, heart attacks, heart failure, kidney stones, type two diabetes and some cancers.

Focusing on fruits, vegetables, and nonfat or low-fat dairy products, the DASH diet is low in saturated fat, cholesterol and total fat. It is rich in whole grains, fish, poultry, beans, seeds and nuts. The diet minimizes use of sweets, sodium and red meats typical in American diets.

Even though most people know that this seems like a very healthy way of eating, they may initially find it hard to implement and sustain. The average American gets two to three servings of fruits and vegetables combined each day, about half of the recommended amount, so following the DASH diet will likely involve the individual making a concerted effort to follow the healthy eating guidelines.

SEE DASH DIET page 8

Type of food	Number of servings for 1600 — 3100 calorie diet	Number of servings on a 2000 calorie diet
Grains and grain products (include at least three whole	6 — 12	7 — 8
Fruits	4 — 6	4 — 5
Vegetables	4 — 6	4 — 5
Low fat or non-fat	2 — 4	2 — 3
Lean meats, fish, poultry	1.5 — 2.5	2 or less
Nuts, seeds and	3 — 4 per week	4 — 5 per week
Fats and sweets	2 — 4	limited

According to the National Institute of Health, the chart above outlines the recommended daily nutrition intake based on an individuals' calorie diet.

Introducing NHCL's new JEA officers



*The Naval Hospital Camp Lejeune's Junior Enlisted Association, an organization geared towards mentorship, leadership and community involvement, elected six new officers to the association's Board of Directors. Pictured from left to right: **Hospital Corpsman 3rd Class Sharena Roberson**, Treasurer, Physical Therapy Department; **Hospitalman Kara Nicoli**, Public Affairs Officer, Staff Education and Training Department; **Hospital Corpsman 2nd Class Joseph Williams**, President, Pain Management Department; **Hospital Corpsman 2nd Class Jason Walker**, Vice President, Physical Therapy Department; **Ship's Serviceman 2nd Class Darryl K. Jackson**, Master At Arms, Materials Management Department; and **Hospital Corpsman 2nd Class Rashelle Miller**, Secretary, Optometry Department.*

Amping Up For Major Lobby Renovations

By Raymond Applewhite and Anna Hancock
NHCL Public Affairs

Marines, Sailors, retirees, family members and visitors will see big changes affecting Naval Hospital Camp Lejeune's main entrance, lobby area, and surrounding hospital services beginning this month as the hospital undergoes the first major lobby renovation since the building was opened in 1983.

Hospital leaders emphasize that the quality of care will not be affected, and hospital staff members will continue to look for ways to improve the margin of safety. The impacts of these renovations on hospital patrons and staff will in large part be logistical.

Likely the most noticeable temporary change will be the closure of the main entrance, or quarterdeck, and the closure of the inside lane of the traffic circle. The inside lane of the traffic circle will be sectioned off and used for debris collection, a materials staging area and thoroughfare for emergency vehicles only. However, the two alternative patient and visitor entrances to the left of the main entrance, closest to Obstetrics and Gynecology and Family Medicine Clinics, and right of the main entrance, closest to Pediatrics Clinic and Laboratory, will remain open.

In conjunction with the main entrance closure, an interior portion of the hospital surrounding the main entrance and lobby area will be secured and unavailable for patrons and staff to pass through until the renovation is complete. Three hospital services included in this area, the information desk, pharmacy waiting area and the Admissions Office will be relocated. The information desk will be relocated through the hospital entrance to the right of the main entrance, on a space of the Pediatrics Clinic desk. The pharmacy waiting area

will be moved to the former Referral Management area in front of the main elevators. The Admissions Office will be moved to Classroom C.

"Beginning Feb. 6, contractors will begin to erect physical barriers and seal off the lobby as they begin to prepare the area outside of the main entrance," explained NHCL's Special Assistant for Growth and Development Pat Alford. "This will not affect hospital operations; only force the relocation of several hospital services located within the barriers. Patrons and staff will have to know how to get to places differently."

To minimize the inconvenience for patients and visitors, hospital staff from Operations Management identified signage to go on exterior and interior locations throughout the hospital. Outside, there will be temporary signs noting which entrance is closer to what hospital service. This will help people choose what door to go through to get to their destination. Inside, there will be directional signs throughout the hospital, particularly along the hallways that patients and visitors may not be accustomed to using, to help them navigate the building. Designated hospital staff members will also be available at all times to assist patients and visitors.

Alford further explained how every hospital staff member should be particularly hypersensitive to patients and help get them where they need to go.

"At the end of last year, we started communicating to staff that this upcoming renovation will be taking place. Now all staff need to be aware of any changes throughout the renovation," noted Alford. "Information is provided on the intranet, internet, the hospital's Facebook page and

distributed throughout the community regularly. It is updated as changes or progression occurs."

Plans to undergo lobby renovations have been in the works since the hospital broke ground on new construction and renovations in 2010. The end result will be an open and more spacious hospital lobby and waiting area. The glass partitions that enclose the plant atrium will be taken out. The stairway just behind the information desk will be pushed to the back wall of what is currently the pharmacy waiting area, in front of where patrons are accustomed to seeing the Admissions Office. The brick floors will also be replaced with a lighter color.

"These changes further open the space, creating an area that is more inviting to patients," said Alford. "They are part of modernizing the hospital. Tying the new in with the old."

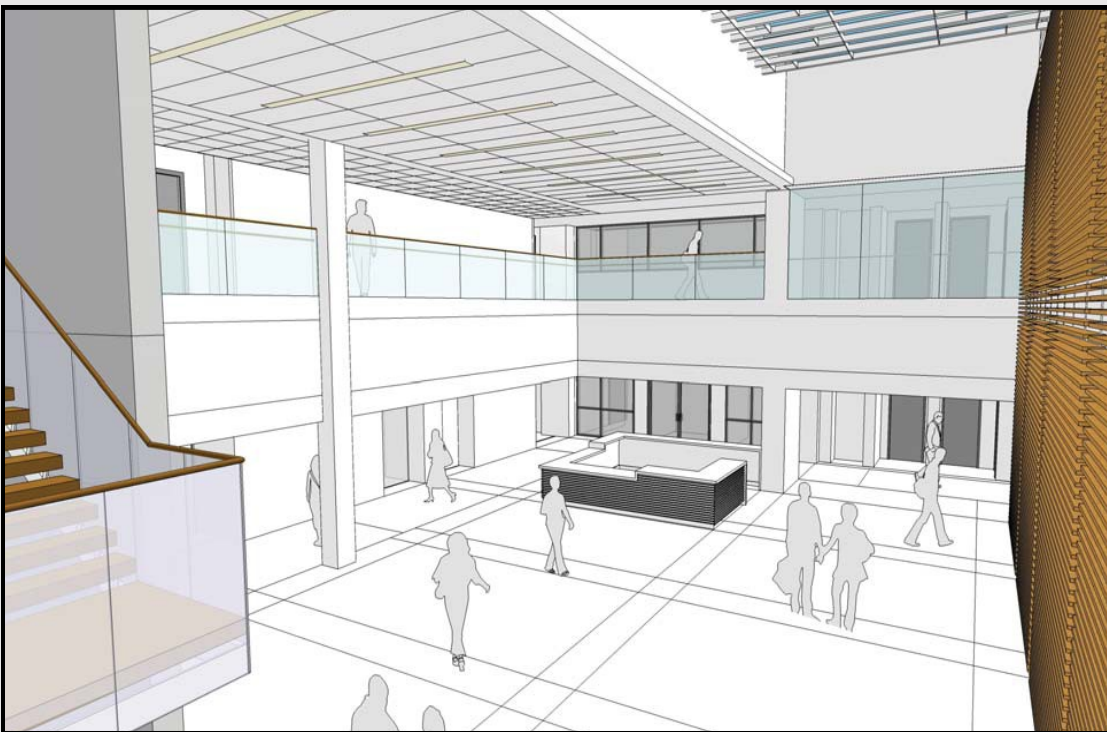
For several months now, the hospital has been undergoing major construction, which includes adding two new wings. One wing will offer additional space for outpatient clinics and the other will house the Emergency Department, Nuclear Medicine and the Radiology Department.

Patients can be assured that the ongoing physical changes to the building will not affect the hospital's commitment to providing the highest quality medical care to its beneficiaries. When the lobby renovations are complete, the information desk and Admissions Office will be moved back to their original location, and the pharmacy waiting area will remain in the newly constructed space.

Lobby renovations are expected to be complete in July 2012.



This graphic illustration depicts Naval Hospital Camp Lejeune's renovated lobby based on a view if standing from the main entrance doors looking into the hospital. After the renovation, the lobby will no longer contain an enclosed plant atrium and will be an open area. The stairway leading to the second floor will be pushed back towards the Patient Admissions Office. The area will be spacious enough to accommodate the thoroughfare from NHCL visitors and beneficiaries. Renovations are expected to be complete in July 2012.



This graphic illustration depicts the Naval Hospital Camp Lejeune's renovated information desk and lobby area based on a view if standing near the relocated staircase and looking out of the main entrance. After the renovation, the information desk will slightly shift and be the central information source for visitors and beneficiaries. The lobby will no longer contain an enclosed plant atrium and will be an open area. The stairway leading to the second floor will be pushed back towards the Patient Admissions Office. Renovations are expected to be complete in July 2012.

HOSPITAL ROUNDS

Calling all E-1 to E-5 Sailors Get Involved in JEA

The Naval Hospital Camp Lejeune Junior Enlisted Association (JEA) recently elected new JEA officers who bring new ideas and energy to the association with hopes to attract new members. To become involved in the JEA, a Sailor must actively participate within the command and be willing to assist its members in becoming well-rounded Sailors while developing a solid base for leadership potential. JEA members also act as unofficial mentors to other junior Sailors and help them get involved in the command and the community. The Junior Enlisted Association is made up of Sailors, E-1 to E-5, stationed at NHCL. It is overseen by the commanding officer and command master chief, but the junior enlisted members run the organization with guidance from the association's Board of Directors (JEA officers). The objectives are to build camaraderie and fellowship among its members and to represent the Naval Hospital, Marine Corps Base Camp Lejeune and the United States Navy within the local community.

What can junior Sailors expect of the JEA in 2012?

- **Morale days**
- **Physical training sessions**
- **New volunteer opportunities**
- **Any other ideas that members may think are fundamentally sound and uphold the ideals of the command**

Meetings are held on the second and fourth Thursday of every month. Contact **Hospitalman Kara Nicoli**, JEA public affairs officer at 450-3067 for more information.

February is African American History Month

Throughout the month, the Navy will recognize African American History Month by honoring and commemorating the distinguished service of African Americans.

Stay tuned to the intranet, Facebook or All Hands emails for information about NHCL's upcoming events sponsored by NHCL's Diversity Committee.

Stay Informed

During Inclement Weather!

For inclement weather updates regarding hospital operations and staff reporting instructions, call the base operations hotline at 451-1717 or check the hospital's Facebook page at www.facebook.com/nhclejeune. For specific reporting instructions, as always, contact your supervisor.



*Naval Hospital
Masquerade Ball*

Sat, 18 Feb 2012
1900-2200 – Marston Pavilion

\$15 per person
Open to all Naval Hospital Staff

DJ
Cash Bar
Best Costume Contest

POC to purchase tickets:
Heidi Anastasia 910-451-3399 Bldg 8, Rm 222
Chief Daniels 910-440-7338 ext 217 Naval Hospital Caron Clinic, Rm 717
Kelly Purzel 910-450-3448 Naval Hospital 2d Deck, Marketing

Safety is Everyone's Responsibility

Electric space heaters are authorized for use in approved areas of the Naval Hospital only after they have been inspected by a representative from the hospital Safety Office. For your convenience, you may bring the space heater to the Safety office to be inspected prior to using it for the first time, or you may contact the Safety Office at 450-3932 and request a representative to visit your department to inspect your space heater.

*This information is brought to you by Jason Sanders,
NHCL Safety Office.*

Lt. Cmdr. House: Caught in the Act

By Anna Hancock
NHCL Public Affairs

Lt. Cmdr. Sharon House, Family Medicine Department, won the Naval Hospital Camp Lejeune's Caught in the Act award for December 2011. She was nominated by her peer for her compassion and willingness to support a patient and the patient's family. The Family Medicine nurses donated a tree to the hospital to plant in remembrance of the patient.

As noted in the nomination, House assisted the Family Medicine nurses by devoting her personal time and assisting the nurses with planting the tree and obtaining a plaque that was placed in the patient's memoriam. The nomination also lauded House as being an invaluable resource to the Family Medicine Team.

NHCL's Caught in the Act recognition program was established to recognize and reward staff and volunteers who demonstrate outstanding customer relations with our patients, visitors, or other staff members. To recognize someone who was Caught in the Act, an electronic submission form is available on the hospital intranet page under the Staff Resources section. Each person nominated will receive a pen and certificate of excellence, be announced in a Daily News email, and be entered into the monthly drawing for an additional gift. The monthly drawing winner will also have their photo posted on the Caught in the Act bulletin board outside the Lighthouse Café.

For questions about the program, contact the Patient Relations Department 450-4154/4155.



Cmdr. Vincent DeCicco, Family Medicine Department congratulates Lt. Cmdr. Sharon House for her nomination and award for the December 2011 Caught in the Act award.

The Hotline Program: Fraud, Waste and Mismanagement

By Patricia Ladson
Command Evaluation Office

The purpose of the Hotline Program is to identify and eliminate fraud, waste and mismanagement in the operation of the Navy. Fraud is defined as any willful means of taking or attempting to take unfair advantage of the government. Waste is defined as a careless or needless expenditure of government funds or the consumption of misuse of government property, resulting from deficient or improper practices usually not involving prosecutable fraud. Mismanagement is defined as needless, extravagant and careless expenditure of government funds or the consumption of misuse of government property or resources, resulting from poor management or supervision, deficient practices, systems, controls or decisions.

To be an effective program, personnel must be vigilant of suspected illegal or improper acts, and report any occurrence to the chain of command or the Inspector General. Reporting of

illegal activity is required by DoD Instruction 7050.01 and SECNAVINST 5370.5B. These reports shall be based on the complainant's "good faith" belief that the information is true.

Navy policy is to manage effectively all resources entrusted to its care. The Navy is committed to eliminating fraud, waste and mismanagement in all its programs and operations, whenever and wherever they occur.

Complaints reported 24 hours a day, seven days a week by calling the local Hotline Program telephone number 450-4240 or the DOD Hotline number 1-800-424-9098. Complaints can also be submitted by fax 450-3808; by picking up a copy of the Hotline Complaint Package from the Command Evaluation Office (room E-130); or, by electronically submitting information through the hospital's intranet.

Callers are not required to identify themselves; however, this will enable officials from the Hotline Program to contact you should additional information be required.

DASH DIET from page 3

What is most notable about the DASH eating plan is that it has been proven to lower blood pressure in just 14 days, even without the individual lowering his or her sodium intake. The best people who best responded to the eating plan were those whose blood pressure was moderately high, including individuals with pre-hypertension, or high blood pressure. For people with more severe hypertension, who may not be able to stop taking medication, the DASH diet can help improve the individual's response to medication, while helping to lower his or her blood pressure. Also remarkable is that the DASH diet can help an individual lower cholesterol, and with weight loss and exercise, can reduce an individual's resistance to insulin and reduce the risk of developing diabetes.

The DASH diet is endorsed by the American Heart Association, the Mayo Clinic and the National Heart, Lung and Blood Institute within the National Institute of Health.

The Naval Hospital Camp Lejeune's Health Promotion Department staff can teach more about the DASH diet and maintaining a healthy heart. For more information on heart health, enroll in the Naval Hospital Health Promotion Healthy Heart course. Participants meet for one and a half hours a week for four consecutive weeks. The class is held at the Health Promotions Department building, building 4, which is located directly across the street from the Base Theater, at the intersections of McHugh Blvd. and Post Ln.

NHCL Staff Took the Plunge



U.S. Navy photo

The Naval Hospital Camp Lejeune's "Wizards" raised \$1038.00 and jumped into the freezing cold water at the annual Polar Plunge for the Onslow County Special Olympics on Jan. 7. Participants included: Capt. Daniel Zinder, commanding officer, NHCL; Roy Darnell, Hospitalman Caitlin McClure, Hospital Corpsman 2nd Class Jacob Shepherd, Ann-Marie Vaughan, Lt. Canuso, and Cmdr. Sawsan Ghurani, Mental Health Department; Chief Hospital Corpsman Mary Weiss-Brandenburg, Labor and Delivery; and, Matt Phillips.